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Free will? How quaint

Scientists are now predicting the lifespans of infants. Our columnist says thanks, but no thanks

PAGE 10

TIME TO SEE HOW THEY RUN

CANADIAN OLYMPIAN JON MONTGOMERY TALKS ABOUT HOSTING THE AMAZING RACE CANADA

PAGE 13

Free Child's Admission to the Edmonton Valley Zoo

SUMMER in the CITY

At Participating Boston Pizza's

Senior rushed to hospital after alleged attack in his backyard

'Deplorable.' Weapon allegedly used initially reported as meat cleaver



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

When Pat Knight heard screaming outside his Beacon Heights home Tuesday morning, he ran out his back door shirtless and barefoot to find his elderly neighbour bleeding from the head.

He asked the senior, whom he found laying in his own backyard two doors down from Knight's — near 120th Avenue and 36th Street — what happened.

"They attacked me. They got my wallet," Knight said he was told.

Police say the 86-year-

Quoted



"I'm glad that I could help."

Neighbour Pat Knight who rushed to the victim's aid when he heard screaming.

old, identified by neighbours as Mike Madarash, was rushed to hospital with serious injuries after three people allegedly assaulted him in his own yard.

While Madarash initially told Knight he was attacked with a meat cleaver, police believe the weapon was a blunt object.

Knight said Madarash is hearing and visually impaired and was bleeding profusely from two, possibly three, lacerations to

his head.

Knight held cloths to the senior's wounds as he and Madarash's wife waited for EMS and police to arrive.

"I'm shocked and awed," said Knight, standing outside the home where the assault reportedly occurred.

"I'm glad that I could help."

Knight called the actions of whoever attacked his neighbour "deplorable" and said he hopes the people responsible are dealt with harshly.

Police said three suspects — two males and a female — escaped on foot and were arrested a short time later.

Charges are pending.

Knight, who has lived in the area for four years, said the neighbourhood is a nice place to live, describing it as "well-manicured and nicely taken care of."

Insp. Joel Whittaker said it concerns police that Madarash was in his own backyard "minding his own business" when the attack is said to have occurred.

"It is alarming, it's rare.... I think we're just as shocked as everybody else with this incident," Whittaker said.



AFTERMATH IN QUEBEC

A rainbow arcs over the crash site Tuesday in Lac-Mégantic, Que., after a train derailed Saturday, causing railway cars carrying crude oil to explode. Fifteen people are now confirmed dead and 35 more are still listed as missing. See story, page 6. RYAN REMIORZ/THE CANADIAN PRESS

Investigation ongoing

Police have arrested three suspects and continue to investigate the alleged assault.

Anyone with information is asked to contact EPS at 780-423-4567 or #377 from a mobile phone.

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Minister: Post-sec institutions too 'creative' with money

Alberta's post-secondary institutions should all be using the same "measuring stick" to determine how they spend more than \$2 billion in taxpayer dollars annually, the advanced education minister said Tuesday.

Thomas Lukaszuk's comments came on the heels of a report from the provincial auditor general that found "confusion" among post-secondary leaders concerning Campus Alberta, a strategy aimed at encouraging better streamlining among 26 institutions in the province.

That strategy is 11 years old; however, Thomas Lukaszuk said it's just now being implemented, with a priority on addressing "creative" accounting among institutions.

"So right now there are many different measures and often, as a minister, I'm being told one school will say about the other, 'Well, you can't look at their numbers because they circulate their money differently and that's why they look so good compared to us,'" he said. "If they are going to be creative, we are going to be equally creative so the taxpayer and the student can compare them."

In April, Metro attempted to compare institutions by the amount of funding they devote to administration. The amount of Campus Alberta funding used outside the classroom varied from three per cent to 27 per cent. The ministry claimed it was not a fair comparison because each institution had a separate definition of what should fall under that budget line. **JEREMY NOLAIS/METRO CALGARY**

Online used car sale turns violent

A 23-year-old Edmonton man was kidnapped at knifepoint and driven to Calgary before escaping, as a simple used car sale turned into a nightmare.

Following the incident two of the man's captors were arrested in Red Deer after a high-speed chase that ended only when police officers deployed a spike belt on Highway 2.

The two men, who had not been named as of Tuesday evening, are facing charges of kidnapping and uttering threats.

Edmonton Police Service spokesperson Scott Pattison

said police in Calgary were called early Monday morning after the man escaped from the trunk of his own car. He had been driven there after being kidnapped during a meeting about selling a car in west Edmonton.

"He was able to escape while the vehicle was moving, flee his captors and then he went to a nearby convenience store," Pattison said Tuesday.

A third suspect got into the car in Calgary and police are still looking for him, said Pattison.

Pattison said while the man was not physically

harmful, it was a tremendous ordeal.

"Needless to say, it was quite a harrowing experience for the young man," he said. "We are not sure what fate he would have met with, but clearly he was dealing with some very bad guys."

Pattison said police have seen several incidents this year where people were attacked during a meeting arranged online to sell something.

He said people should be careful when selling online, and always go to a potential sell with a friend or family member. **RYAN TUMILTY/METRO**

Tips

- Don't bring large amounts of cash to a potential sale.
- Get contact information for the potential buyer, including phone numbers and email addresses.
- Meet people in a public place so there are other people around.
- Last-minute changes to the meeting location should be a warning sign.

New Jumbotron coming

Not so quick. City optimistic video screen can hold out for now

A teenager now

13

The current Jumbotron at Commonwealth is 13 years old.



RYAN TUMILTY
ryan.tumilty@metronews.ca

New electronic pictures will be coming soon via a newly-approved Jumbotron at Edmonton's Commonwealth Stadium, but in the meantime the city says we'll have to make due with the old one.

On Tuesday, councillors at the city's community service committee approved a \$5.2 million plan to replace the Jumbotron and sound system at Commonwealth Stadium in time for the 2015 FIFA Women's World Cup.

Linda Cochrane, the city's general manager of community services, said the city can't even buy replacement parts for the screen.

"We anticipate that the

parts will get us to the replacement, but we are on a wing and a prayer," she told council.

The city is footing the entire bill for the replacement, but the Eskimos receive the advertising revenue from the board. Mayor Mandel questioned why the team couldn't chip in.

"I am not sure why we couldn't come to the Eskimos to talk about some of the revenues coming back," he said at committee.

Cochrane said the Eskimos and the city have a good relationship and the team was very accepting of moving some of their games to make way for the FIFA event in 2015.



Commonwealth Stadium will host 11 games during the 2015 Women's World Cup and the opening ceremonies for the games. **METRO FILE**

1
NEWS

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Attacked. Mauled dog's owner optimistic about possible bylaw changes

An Edmonton woman whose dog was mauled to death is hopeful the city is moving in the right direction toward tougher restrictions on vicious animals.

Christine Naturkach said she was pleased to hear of a city study into mandatory court appearances for owners of dogs that attack.



Christine Naturkach with her dog Pixie. Pixie was killed when a German shepherd attacked her at a local dog park last year.

CONTRIBUTED

Her small dog Pixie was killed when a German shepherd attacked it over a year ago in Hermitage Park.

Pixie suffered broken ribs, internal bleeding and other significant injuries and Naturkach spent \$8,000 trying to keep her alive.

"I feel like I had failed to protect her so I feel like this is the one thing I can do to honour her," she said.

Naturkach said she doesn't want the city to euthanize potentially dangerous dogs, but put the onus back on the owners.

"(Dogs) should be leashed and muzzled when they are off the property," she said.

She said the owner of the dog that attacked Pixie only paid a \$500 fine and there are no restrictions on the dog.

Coun. Tony Caterina said he believes it's worth studying whether mandatory court appearance could help deal with problem dogs and their owners more effectively.

RYAN TUMILTY/METRO

Cops urge heavy equipment owners to tattoo machines



Acting Sgt. Trevor Henderson sits on a tattooed forklift Tuesday afternoon. Police say markings don't have to be this flamboyant, but distinctive ones will discourage theft. PATRICK NGUYEN/FOR METRO

Anti-theft ink.

Permanent markings will stop thieves, say police

PATRICK NGUYEN

edmonton@metronews.ca

While heavy equipment owners don't necessarily have to put a butterfly above their machines' exhausts, Edmonton police are recommending that they tattoo their vehicles in order to deter would-be thieves.

The Tattoo Your Equipment campaign urges owners to use bright, easily identifiable symbols or words on their machines to curb theft.

"We're just asking that people go the extra step and maybe put something in marker that can't be removed quite as easily," EPS acting Sgt. Trevor Hender-

son said Tuesday.

Henderson said West Division alone receives 10 to 12 theft reports per month, and that even vehicles as large as excavators are being stolen.

"They'll be wearing all the things you'd see at a construction site: reflective vests, helmets," he said about the criminals. "They'll come in and they'll be driving off with your loader without you even asking them a question."

Henderson said that tattoos are only part of the anti-theft solution. Simple things such as parking the equipment in a fenced-off area will help, as well.

"Bad guys are lazy. They're not going to go the extra step," he said.

Bright-coloured and ultraviolet heavy duty markers will be available for heavy equipment owners free of charge at all five division stations starting Friday.



RBC Royal Bank

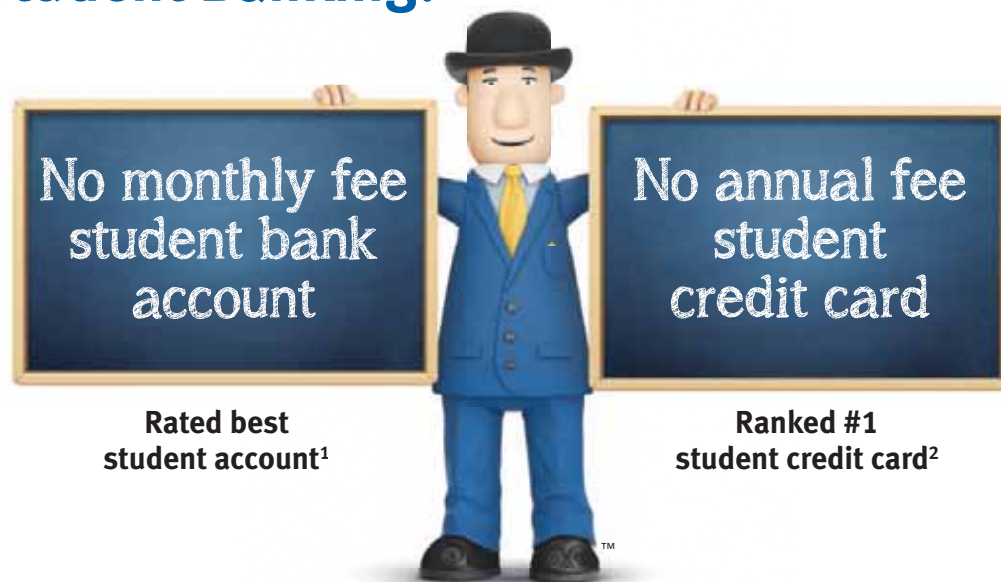
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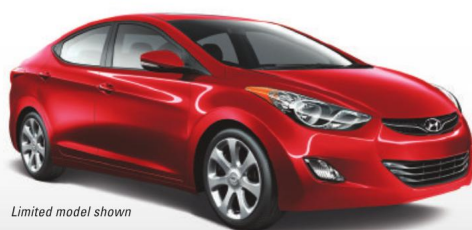


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2013 ELANTRA GL HWY: 5.2L/100 KM
 CITY: 7.1L/100 KM[†]

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 INCLUDES **\$750** IN PRICE ADJUSTMENTS^Ω
 SELLING PRICE: **\$19,094***
 ELANTRA GL 6-SPEED MANUAL, \$750 PRICE ADJUSTMENT^Ω, DELIVERY & DESTINATION INCLUDED.
NO MONEY DOWN

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- HEATED FRONT SEATS
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- DOWNHILL BRAKE CONTROL AND HILLSTART ASSIST
- REAR SPOILER
- iPOD®/USB/MP3 AUXILIARY INPUT JACKS
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- POWER HEATED OUTSIDE MIRRORS
- TRIP COMPUTER
- FRONT ACTIVE HEADRESTS
- REAR WIPER & WASHER



2013 TUCSON L HWY: 7.7L/100 KM
 CITY: 10.4L/100 KM[†]

OWN IT FOR **\$99** BI-WEEKLY
 WITH **0%**[†] FINANCING FOR 96 MONTHS
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Limited model shown



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 VEHICLE OF THE YEAR**



Limited model shown

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 CITY: 10.1L/100 KM[†]

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Lac-Mégantic home to burnt-out crime scene

Death toll still rising. Police tight-lipped on what they have found or are still looking for

The official death toll in the Quebec train disaster climbed to 15 on Tuesday, with two more bodies pulled from a scorched area police were calling a crime scene.

With about another 35 people still missing, residents of Lac-Mégantic expect the grim news to continue.

Provincial police said they had 200 officers on site performing a criminal investigation.

"There is potential evidence there that could eventually lead to criminal charges being laid," said Insp. Michel Forget.

"I won't speculate on the elements we have recovered

because they will be secret."

He said he doesn't believe terrorism is at play.

Earlier on Tuesday, the national Transportation Safety Board said it is performing its own investigation.

The TSB said Tuesday that authorities were never alerted to the fact that a runaway train was on its way to levelling part of the small Quebec town.

Rail dispatchers had no chance to intervene during the

fateful 18-minute journey because they didn't know it was happening, TSB investigator Donald Ross told reporters.

"There were no signals nor track circuits, so the rail-traffic controller had no ... indication that there had been a runaway train," he said.

Such systems are in place on busier rail lines but not on secondary lines, said TSB manager Ed Belkaloul.

THE CANADIAN PRESS



Firefighters take a break on a set of train wheels. HANDOUT/THE CANADIAN PRESS

IN THE LIGHT OF TRUTH THE GRAIL MESSAGE

"...I wish to fill the gaps which have so far always remained unanswered in the souls of men as burning questions, and which never leave any serious thinker in peace, if he honestly seeks for the Truth." -ABD-RU-SHIN

PUBLIC LECTURE

TOPIC: Why 'Bad' things happen to 'Good' People

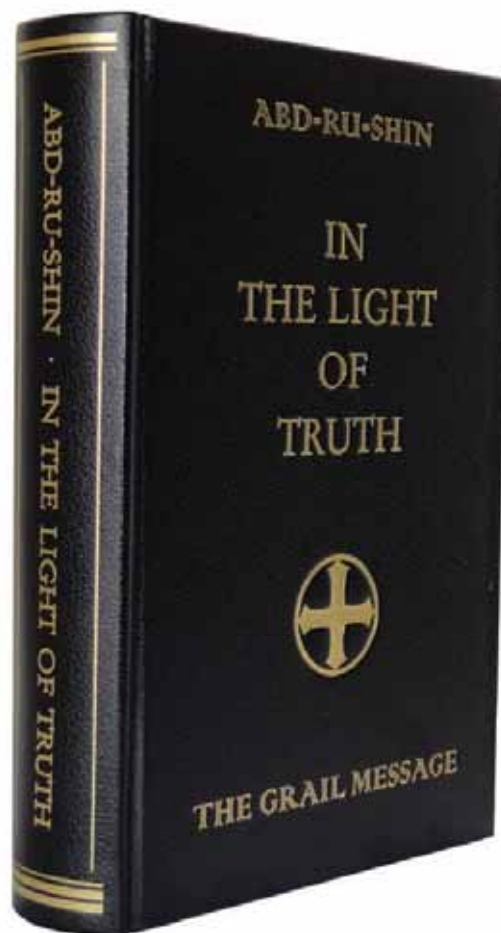
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Who abandons a Ferrari? A lawyer in a big hurry

There it was: a silver Ferrari, submerged in the murky floodwaters of Toronto.

Photos of the orphaned sports car were everywhere Monday night as the rains that pummelled Toronto subsided.

Howard A. Levitt, one of Canada's leading employment lawyers, was on his way to an important hearing in Ottawa. He entered an underpass following several other cars, each of which easily traversed a body of water that looked no deeper than a puddle.

No such luck for Levitt.

His 2010 Ferrari California, which retails for \$192,000, rides extremely close to the ground,

and despite its powerful V8, 454-horsepower engine, it only took a few inches of water to stop the car in its tracks.

Levitt realized a tow truck wouldn't arrive in time. So he opened the door, letting the dirty water flow in, and collected his bags from the trunk.

He took a cab to the island airport, found all flights had been cancelled, then headed to Pearson, where he caught "the last seat of the day" to Ottawa.

On Tuesday, Levitt won his motion in Ottawa, making the quick escape worthwhile.

"It's a good ending, except for my poor car," he said.

TORSTAR NEWS SERVICE



Howard A. Levitt's Ferrari, abandoned in Toronto floodwater. HIRA AHMED/TWITTER

NSA scandal

Snowden off to Venezuela ... or not

WikiLeaks said on Tuesday that NSA leaker Edward Snowden has not yet formally accepted asylum in Venezuela, trying to put to rest growing confusion.

On Tuesday, a Russian lawmaker tweeted that Snowden had taken the offer from Venezuelan President Nicolas Maduro, then deleted the post a few minutes later. He then sent another message saying his claim was based on a report from a state TV channel, which in turn said the lawmaker misunderstood its report. THE ASSOCIATED PRESS

Green giant

Ex-NHL tough guy running for office

He was an NHL pugilist. He became an animal-rights-defending environmentalist. Now, in the latest twist in his career path, Georges Laraque is a politician. At a news conference with Green Party Leader Elizabeth May, Tuesday, he said he will begin campaigning immediately for a byelection in a Montreal riding. Laraque became deputy leader of the party in 2010. THE CANADIAN PRESS



Georges Laraque

- Parking available@library parkade (first 3 hours for \$1 till 5:00 pm) on Saturday.
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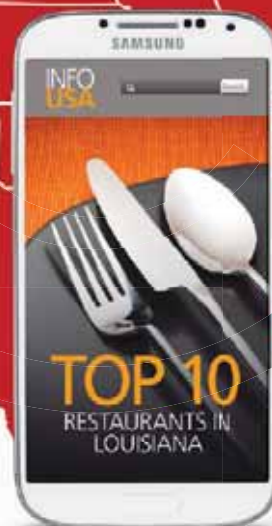


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Ex-captives break silence on YouTube

Three women who police say were held captive in a Cleveland home for about a decade have issued a video in which they thanked the public for the encouragement and financial support that are allowing them to restart their lives.

Amanda Berry, Gina DeJesus and Michelle Knight broke their public silence in the three-minute, 30-second video posted Monday night on YouTube. They said the sup-



Amanda Berry, Gina DeJesus and Michelle Knight in a video posted on YouTube at midnight Monday. HENNES PAYNTER COMMUNICATION/THE ASSOCIATED PRESS

port and prayers of family, friends and the public are allowing them to rebuild their lives after what Berry called

"this entire ordeal."

The women had gone missing separately between 2002 and 2004, when they were 14,

16, and 20 years old.

In the video, none of the women had any visible scars of the abuse they said they suffered at the hands of Ariel Castro, who has pleaded not guilty to a 329-count indictment alleging he kidnapped them off the streets and held them captive in his two-storey home.

They were smiling and appeared upbeat.

THE ASSOCIATED PRESS

Shedding light on forgotten Canadian war heroes

Operation Husky.
Contribution helped turn the tide in WWII



JESSICA SMITH
Metro in Toronto

Charles Hunter says it "hurts a little" when his Second World War service is ignored.

Hunter, a bombardier with the 39 Regiment Royal Artillery, was one of 25,000 Canadian soldiers who invaded Sicily in 1943 as part of the Allied Operation Husky. It was the first independent role for Canadian soldiers in WWII, and Canada's strategic contribution helped open Italy to the Allies and turn the tide of the war.

Seventy years later, Operation Husky 2013 is commemorating the Battle of Sicily, which they say has been overlooked by history. The group says a poll of Canadians found 91 per cent didn't know Canadian troops were even in Sicily during WWII.

"I don't know why it's ig-

nored," Hunter said. "And it kind of hurts a little bit, to feel you get ignored when you've done a good job — because we did, we did do a good job."

Operation Husky — the original one — commenced before the early hours of July 10, 1943.

Allied forces stormed the beaches at Pachino and climbed a 900-metre cliff the German's had left almost undefended, believing it impossible to scale.

The Allies drove the Germans off the island. Of 25,000 Canadians who fought, 562 had died by the end of the month. Compared to stories about D-Day and Dieppe, little is said about Canada's role in the Italian campaign.

To right that wrong, Operation Husky 2013 will be commemorating the Battle of Sicily beginning July 10. More than 200 Canadians are heading to Sicily to take part in remembrance ceremonies, including retracing the soldier's march across the island, leaving markers in the places Canadians fell 70 years ago.

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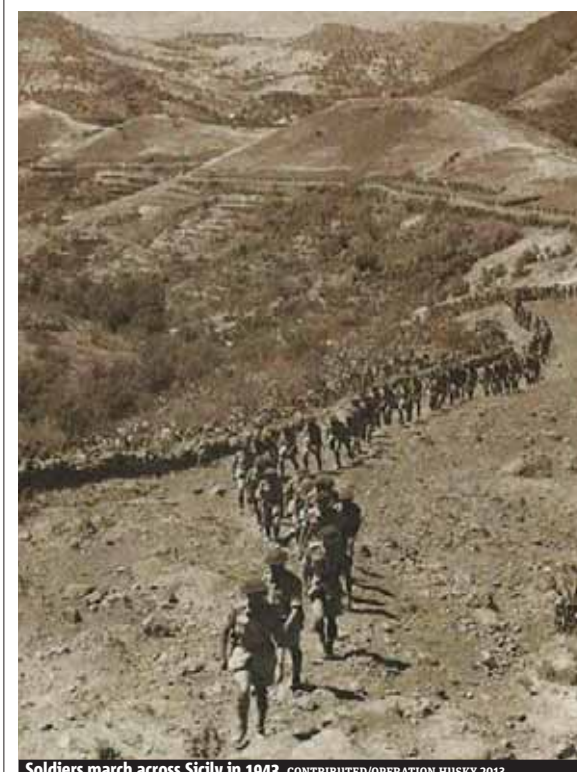
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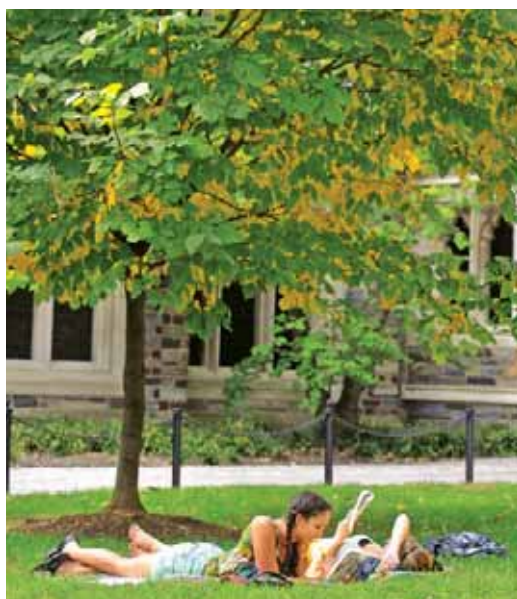
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EVERYTHING MUST GO!



Soldiers march across Sicily in 1943. CONTRIBUTED/OPERATION HUSKY 2013



Stand by your Ivy League man

Two women lay out at Princeton University. An alumna who urged female students to find a husband before they graduate has a book deal. Susan Patton has an agreement with Gallery Books, an imprint of Simon & Schuster, for *Smarten Up!: Words of Wisdom from the Princeton Mom*, scheduled to come out in 2014. Patton attracted national attention for a letter published by *The Daily Princetonian*, warning women they would never again be around so many "worthy" men. According to Gallery, Patton will offer "uncomfortable truths" about marriage and motherhood and what could happen if students wait too long. **WILLIAM THOMAS CAIN/GETTY IMAGES**


Leaked recording


Murdoch recalled for questioning


Lawmakers will recall Rupert Murdoch to London for more questions about a leaked recording in which he appeared to dismiss evidence of wrongdoing at his U.K. newspaper titles, a senior parliamentarian said.


THE ASSOCIATED PRESS

Market Minute

 **DOLLAR**
94.70¢
(+0.07¢)

 **TSX**
12,208.87 (+73.96)

 **OIL**
\$103.14 US (-8¢)

 **GOLD**
\$1,234.90 US (+\$22.20)

Natural gas: \$3.74 US (+12¢)
Dow Jones: 15,224.69 (+88.85)

Pipeline execs say no silver lining in Que. rail disaster

Lac-Mégantic. While many suspect train explosion will boost pipeline support, CEOs say concerns apply to all

Executives with major Canadian pipeline companies say they see no silver lining to the Lac-Mégantic train disaster.

There have been suggestions that transporting oil by pipeline may seem more palatable after several oil-laden rail cars exploded over the weekend, killing more than a dozen people and devastating the small Quebec town.

But TransCanada Corp. CEO Russ Girling said there's "no good news here for any-

body" in the tragedy and the notion that the pipeline industry will somehow benefit from it "makes no sense."

While disasters ranging from Lac-Mégantic to the massive BP oil spill in the Gulf of Mexico three years ago jolt the public, Girling said companies such as TransCanada still have a responsibility to build new energy infrastructure.

"People continue to have needs for starting their vehicles every morning, cooking their food, heating their homes. We have an obligation to do that as safely as we can."

The president of Kinder Morgan Canada, which is planning to nearly triple the amount of crude shipped on its Trans Mountain line between Alberta and the B.C.

Lower Mainland, said he too fails to see any upside for pipeline firms resulting from Lac-Mégantic.

"I think that the public is obviously very concerned about the broad safety net that is available for both rail and pipelines," he said.

"I think it's a question of all operators — whether it's pipe or rail or trucking for that matter — (to) continue to be very diligent and vigilant in their safety precautions."

Earlier, Girling said he's "extremely optimistic" the company's Energy East project — a proposal to ship up to 850,000 barrels a day of Western crude to eastern markets through an under-used natural gas line — has enough customer support to go ahead. **THE CANADIAN PRESS**

Smartphone outlook

BlackBerry CEO says company on the right path

BlackBerry chief executive Thorsten Heins stood before shareholders of the smartphone maker on Tuesday and asked for

patience as the company pushed ahead with its goal to become profitable again.

"We are still in the midst of a major, complex transition of this company, and like most of these transformations ... progress can be volatile," Heins told the BlackBerry annual meeting. **THE CANADIAN PRESS**

Global conditions weak

IMF sees slightly stronger growth in Canada

The International Monetary Fund is upgrading Canada's growth expectations for this year by two-tenths of a percentage

point to 1.7 per cent, but warns that overall global conditions remain uneven, weak and perilous.

The two-tenths of a percentage point upward revision for Canada follows a first quarter that topped expectations by coming in at a relatively strong 2.5 per cent. **THE CANADIAN PRESS**

Real estate report

Property prices still climbing: Survey

Home prices in Canada are showing no indications of falling this year, a survey by Royal LePage suggests.

A report by the real estate company said the average prices for standard two-

story houses and detached bungalows went up 2.7 per cent in the second quarter of this year, compared with a year ago.

During April to June, houses were listed for an average price of \$419,614, while bungalows had an average price of \$386,547, according to the survey. **THE CANADIAN PRESS**



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WANT TO KNOW YOUR DEATHDAY?

Another day, another amazing scientific breakthrough.

This one, I have to admit, actually is amazing. And disturbing.

A team of scientists in the U.K. have come up with a blood test for infants that will predict how quickly they will age and how long they will live.

Talk about "born to die."

These scientists have identified 22 metabolites — molecules linked to metabolism — that help govern a host of bodily mechanisms such as lung function, bone density, blood pressure, cholesterol levels, etc.

Putting a positive spin on it, the scientists believe that they will now be able to influence these metabolic factors and treat age-related diseases before they put us on the wrong side of the lawn.

But seriously, do you really want to know when it's over — as



JUST SAYIN'
Paul Sullivan
metronews.ca

soon as it begins? Right now, Canadians can expect an average life expectancy of 81 years, which seems comfortably far off when you're three days old. But what if your metabolites predict a 50-year life span — or worse? It seems a bit unfair to expect someone to start working on a bucket list before he's out of short pants.

How long will it be before metabolite blood tests are routine? Together with genetic analysis, the fate of the child will be sealed before the first car ride home. Career, insurance coverage, diet, hobbies, whatever, will all be based on their metabolic or genetic impact — or both. "Epigenetics" is the means by which environmental factors switch certain genes on or off. So, conceivably, the state of your metabolites will help de-

termine your genetic array and vice versa.

Together they take all the guesswork out of life. Maybe all the

fun, too.

If you were still harbouring any notions of free will, it's time to put all that aside and start the grim dance of biological determinism.

It's hard enough bringing kids into the world. If you're lucky enough to give birth to a relatively robust being who will take care of you in your dotage, it's almost worth the investment, but if the poor little gaffer will expire before you're 64, what's the point?

Of course, it doesn't matter what I think or what you think. Medical science marches forward, regardless. Once the genie is out of the test tube, it's not about to allow itself to get stuffed back in.

Still, I'm glad I have no idea what my best-before date is. For all I know, I could be looking forward to a telegram from the Queen when I turn 100. She'll certainly still be around.

Or the wheels could fall off next Thursday. Ignorance is bliss.

ZOOM

NYC bar scene having an ice age



BEBETO MATTHEWS/THE ASSOCIATED PRESS

Baby, it's cold in the ice cave

In the sweltering summer heat, New Yorkers are ready for the big chill — in midtown Manhattan.

The city's first ice bar is now open at the New York Hilton Midtown on Sixth Avenue. The \$20 admission includes Eskimo-style gloves and a parka for the privilege of drinking cocktails in the freezing Minus5 Ice Bar.

The entire bar is made of

ice. "The walls, everything," manager Chris Eldridge said. "The chairs you're sitting on, the glass you're drinking out of, even the light above your head is made of ice."

Promoters say it's all carved out of "100 per cent Canadian ice."

The truth is, it's special, extra-clear "carvers" ice — some from Canada, the rest from Philadelphia, Las Vegas and Minneapolis.

THE ASSOCIATED PRESS

It's the cool place to be

-5

The temperature inside? A soothing 23 degrees Fahrenheit. That translates to minus five degrees on the Celsius scale — hence, the name. Any heat-emitting devices that could melt the Arctic freeze — like cellphones — must be deposited in temperature-proof lockers at the door. There are already two Minus5 bars in Las Vegas.

Put this on your bucket list

The only concessions to warm comfort are some couches covered in deerskin. Drinks reflect the icy clarity: mostly vodka-based cocktails in custom-designed glasses made from artesian water.

Bartender Paul Stavros was decked out for his eight-hour shift. He wore thermal underwear and snow boots.

THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Happy birthday, dear app store. In honour of Apple's app store turning five this week, the folks over in Cupertino, Calif., are celebrating their half decade by giving away five games and five apps. Make sure to get yours before the flash sale runs out (unclear when the sale ends, but rumours suggest the end of the week).

Badland: With accolades such as the 2013 Apple Design Award, why not try this physics puzzle game based in a fairytale-like forest while it's free (\$4).

How to Cook Everything: Who said there's no such thing as a free



lunch? The Holy Grail of cookbooks, New York Times' Mark Bittman's *How to Cook Everything*, which usually goes for around \$10, is up for grabs.

Traktor DJ HD: This professional mixing app usually goes for \$20 and includes DJ effects like BeatMasher, reverb and relay.

Comments

RE: Lac-Mégantic begins the week with a shattered core and dozens still missing, published July 8

Where exactly do they think the 40 or so people went?

Look at the destruction and flames that carried on for hours. Do they expect to find bodies? Or do they expect to scientifically connect ashes?

Warning signs my ***. You leave a train that is a potential mega big bomb alone and say there might have been warning signs.

People have lost loved ones and everything they had and this ziggig around to find why the train killed them is disgusting.

The fact is it did, now own up to it and help these people.

Jean Caron posted to Metro Ottawa's Facebook page

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

Godzilla: a historical movie figure



IN
FOCUS
Richard Crouse
scene@metronews.ca

For someone who grew up watching Godzilla stomp his way through the major cities of the world, the idea of a sea monster large enough to use a battleship as a baseball bat is very exciting. In Pacific Rim director Guillermo del Toro presents the biggest movie monsters seen since the Blue Oyster Cult sang, Oh no, there goes Tokyo, go go Godzilla!

Pacific Rim's monsters are direct descendants of the "kaiju" or strange beasts that became popular in the sci-fi films produced by the Japanese company Toho in the 1950s and '60s. Most famous is the king of all monsters, Godzilla, the giant lizard who wreaked havoc in 29 movies. Rounding out Toho's big five are a Divine Moth called Mothra and a trio of kaiju named King Ghidorah, Mechagodzilla, and Rodan.

The first Godzilla film came in 1954. The story of an ancient dinosaur-like colossus created by American nuclear weapons testing was inspired by a news story about the Lucky Dragon 5, a Japanese fishing boat contaminated after sailing too close to a U.S. nuclear test.

"Suitmation actor" Haruo Nakajima played the beast and could only walk 30 feet at a stretch in the 200-pound Godzilla suit. To create the monster's fearful roars, audio engineers threw reverb on the sound of a resin-coated leather glove rubbed on the strings of a double bass. Ten years after that movie, King Ghidorah, a fearsome alien dragon, was created as Godzilla's archenemy.

Director del Toro too busy to take in a movie

Blockbuster. Guillermo talks making Pacific Rim and making movies in Hollywood



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Metro World News in Hollywood

Guillermo del Toro is first and foremost a movie buff, which has been causing him a distinct amount of unhappiness.

You see, del Toro has been so busy making movies — particularly his latest, the giant robots vs. giant monsters blockbuster Pacific Rim — that he hasn't had any time to actually watch other people's movies. Or at least that's the excuse he gives for not having seen Man of Steel or the first instalment of The Hobbit, which he was originally pegged to direct.

There's been a lot of criticism about the levels of carnage shown in Man of Steel. Your film also features a great deal of urban destruction. How do you keep from crossing the line from fun into too realistic?

Well, kaiju movies by definition bring a completely escapist fun in these type of fights. When you're a kid and you're watching Godzilla stomp a bunch of tanks or jets or cut through a city, the proportions of these things are so enormous that you cannot correlate them to anything real. What I do is I then bring in visually a very different sense of style from reality. I have these super-coloured lights illuminating the rain,



Idris Elba, from left, Rob Kazinsky and director Guillermo del Toro are shown on the set of Pacific Rim.
KERRY HAYES/WARNER BROS. PICTURES/MCT

so it looks like a living comic book or a living anime, you know? And the thing that I do very, very consciously is I vacated all the streets so they would be empty of people. So you're never thinking, "Oh, the kaiju just crushed 600 people." Because the streets are vacated and everybody's in a refuge, all they can destroy is buildings and vehicles when nobody's there.

Have you seen Man of Steel?

No, I haven't. I haven't seen many movies because I've been making one. The only two or three times I've gone to the movies in the last few years have been to movies that my daughters want to see. So I went to Les Misérables and I went to some animated movies — movies that I would not necessarily have gravitated

towards. But that's being a parent, taking your daughters to see the Justin Bieber concert movie.

Does that mean you have to go see the One Direction movie later this summer?

No, no (laughs). Actually my daughters are not into that stuff.

Are you planning to do another non-English language film anytime soon, or do you live in Hollywood exclusively now?

Yeah, I would love to. I produce a lot of movies in Latin America and Spain and I'm producing a movie right now in Mexico. As a director I would love to do it, but I need to find a story that suits me. It's not like I have a drawer full of stories in Spanish and in

English.

What determines if a story is better told in Spanish rather than English?

You cannot aspire to do a movie that is as quirky as Pan's Labyrinth in the Hollywood machinery. It would get tested and noted by executives to death. It would end up having a happy ending and all that bulls—, you know? And at the same time you cannot end up with a movie that is as spectacular and huge and magnificent in showmanship as Pacific Rim if you do it in Mexico or Spain. So depending on the scale of the story, depending on if you need to protect the production value and spectacle or if you need to protect the content and quirkiness of the story, you go from one (end of the) scale to another.

2 SCENE

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George Clooney

George Clooney is on the market

George Clooney is back on the market — and apparently he has been for longer than people think. Clooney and girlfriend Stacy Keibler have reportedly parted ways and have been trying to keep the split under wraps for as long as possible, according to Radar Online.

"They did break up," a source says, noting that the

split was "amicable" and "due to schedule, nothing more." Clooney and Keibler have been spending time apart the last two months while dodging breakup rumours. "It's been slowly falling apart for awhile," a source tells Us Weekly. "Stacy knew George was not the man to settle down with."

Carrey apologizes for comments, not for position

Jim Carrey is still against assault rifles and won't be promoting his next film, the bullet-ridden Kick-Ass 2, but he is at least learning to play nice.

"Assault rifle fans, I do not agree with you, nor do I fear you, but I do love you and

I'm sorry that in my outrage I called you names. That was wrong," the outspoken actor posted to Twitter. "By the way, I don't need a crisis manager, just a conscience. Calling people names is inappropriate, but my position on assault weapons hasn't changed."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Nick Lachey sings for his dinner

Nick Lachey turned up the heat during a brief tour stop in New York on Monday to help launch a viral advertising campaign for Wendy's new Pretzel Burger.

The '90s heartthrob, back on tour with a reunited 98 Degrees, gave an intimate performance at a Midtown Wendy's, singing songs based on some tweets about the burger chain's latest creation. Yes, you read that correctly.

"It's not the easiest thing to write a song out of tweets," Lachey said about Monday night's performance. The song he created especially for this event? "Pretzel Buns I Am a Fan... Hashtag." That is literally what he sang. (The

Word really wants to know what his paycheck was for this. Let's hope it wasn't just in Pretzel Burgers, even though he admitted that he's "a huge pretzel guy.")

Lachey was right back on the road after the event to prepare for the West Coast leg of the tour. Now 39, life on the road comes with different responsibilities for Lachey and his wife Vanessa, who are bringing their newborn son, Camden, along for the ride.

"It's different, but it's cool to come off stage and know your family is there and your son is sleeping in a crib on the bus," he said. "In a lot of ways it's a much cooler dynamic just having the opportunity to spend time with them and the opportunity to share those memories. It's a lot more meaningful than to be out on your own." **METRO**

WITH REPORTING FROM CHRIS LONGO



Jason Statham ALL PHOTOS GETTY IMAGES

Statham ready to tie the knot

After three years of dating, Jason Statham is reportedly ready to make it official with Rosie Huntington-Whiteley, according to Us Weekly. "I hear he'll propose soon," a source tells the magazine. "Their connection is very serious and

physical." And Huntington-Whiteley herself clearly isn't bothered by their 19-year age difference. "I'm not interested in hanging out with boys," she recently said in an interview with the Edit. "I have all the man I need."

Twitter



@AmandaBynes
Drake Has An Ugly Face



@mcgregor_ewan
Bonjour tout le monde.



@mindykaling
I have found, in my travels, that men's razors, men's deodorant, and men's watches are better than women's.



@SarahKSilverman
I just realized that my dog WANTS to be on the leash b/c I keep him from walking into walls. I'm a seeing eye person



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The cast of Canada's Amazing Race. HANDOUT

From far and wide, the True North is Amazing TV

The Amazing Race. The hugely popular reality TV show is coming north of the border with a Canadian edition



ON THE MOVE
Loren Christie
life@metronews.ca

Canada is finally getting its own version of The Amazing Race. Helming the show is host and Olympic athlete Jon Montgomery.

What made you want to be the host?

It intimidated me and scared me and I like that. As people we learn the most when we challenge ourselves, when we live outside our comfort zone.

What do you bring to the show?

Just an aspect of being myself. I think that's what was perhaps endearing at the 2010 Games. Just being

someone who Canadians identified as being uniquely Canadian, being honest, being you, drinking beer. A big beer. If people identify me as an average Joe Canadian, then that's something I am really proud of. I set lofty goals for myself, but I am just an average guy getting it done.

Did you have any input into the roadblocks or detours? They didn't pick my brain. I was simply tasked with being

the host. But in the role I got to explain and do all the challenges. I demonstrate them. That's what will be different from Phil's (original series host Phil Keoghan) role and my role.

How long did the filming take? How many legs?

It was three weeks, every day. I believe 10 episodes in total. Each episode isn't just a day; they can span a couple of days. There were crazy hours just like in the

U.S. one. People are fighting tooth and nail to get across this country.

What surprised you most about Canada?

Lots of places I didn't know about. We experienced a

desert, mountains in places that I didn't expect to see them. At every stop there was some element of surprise. And I considered myself to be a pretty knowledgeable guy about our country.

Can you tell me one place the show went?

I can tell you we took a great many planes and automobiles to get from coast to coast to coast.

You said coast three times?

We do go north. If there is a Canadian out there wondering if they will see an aspect of their area of the country in this TV show, the answer is — yes!

THE AMAZING RACE CANADA WILL AIR MONDAYS AT 9 P.M. ET/PT BEGINNING JULY 15 ON CTV.



Meet the teams

Get to know the contestants

- Team 1.** Vanessa Morgan and Celina Mziray, sisters, Ottawa
- Team 2.** Tim Hague Sr. and Tim Hague Jr., father and son, Winnipeg
- Team 3.** Hal Johnson and Joanne McLeod, Married fitness icons, Oakville, Ont.
- Team 4.** Brett Burstein and Holly Agostino, Married doctors, Montreal
- Team 5.** Jamie Cumberland and Pierre Cadieux, best friends, Airdrie and Innisfail, Alta.
- Team 6.** Jet Black and Dave Schram, best friends, London, Ont.
- Team 7.** Treena Ley and Tennille Dorrington, twin sisters, Hamilton, Ont.
- Team 8.** Kristen Idiens and Darren Trapp, dating, Fairmont Hot Springs, B.C..
- Team 9.** Jody Mitic and Cory Mitic, brothers, Ottawa and Edmonton

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New Hampshire is a convenient and tax-free haven with cooler mountain air and surprising luxury. Make the most of your visit with our guide.

Portsmouth

Make Wentworth by the Sea your home base to explore

Portsmouth.

With all rooms boasting water views, this grand hotel was saved from demolition and reopened in 2003. Its restaurant, Salt, is fresh off an extensive remodelling with a new menu and a herb garden, used by the bartenders for seasonal cocktails.

In the morning, head to

Portsmouth Kayak Adventures (portsmouthkayak.com) for a few hours of guided leisure on the Piscataqua River, no experience required. Have lunch downtown on the water at Martingale Wharf (martingalewharf.com), where most everything on the menu has a gluten-free version.

Shop for an unexpected accessory at Puttin' on the Glitz (puttinontheplitznh.com) — proprietor Assiah Russell swears by the power of a hat.

Hotel & Resort (whitemountainhotel.com), or soak your tired muscles in its outdoor Jacuzzi.

Lincoln/Crawford North

A large part of the fun is getting here via the Kancamagus Highway (kancamagushighway.com), a 35-mile scenic route through White Mountain National Forest.

Though a popular route to view fall foliage, the fog-wrapped peaks and lush green valleys put on a good show of their own. Make camp at AMC Highland Center (outdoors.org), an environmentally friendly lodge with experienced guides and free equipment rentals.

Don't go all Davy Crockett in the woods, though, because the Cafe Lafayette Dinner Train (nhdinnertrain.com) leaves at 6 p.m. for a moveable feast of traditional favourites.

North Conway

Summer means ski resorts get creative, and Cranmore Mountain Adventure Park (cranmore.com) has packed in activities for everyone ages three and up, including a solo roller coaster and an adventure course with a zip line.

After conquering the mountain, take a stroll through Settlers' Green (settlersgreen.com), featuring more than 60 tax-free factory stores.

If your palate is developing a taste for the outdoors, The 1785 Inn (the1785inn.com) is known for game (buffalo steak is a recent special).

Digest your busy day on the sprawling deck of the luxurious White Mountain

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Walkway over Sabbaday Falls off the Kancamagus Highway — White Mountains National Forest, New Hampshire. ISTOCK PHOTOS



Portsmouth, New Hampshire skyline with a tugboat in the foreground. ISTOCK PHOTOS



One of the cliff faces as seen from atop Cathedral Ledge, North Conway, New Hampshire. ISTOCK PHOTOS

Step up the fancy appetizer factor: Tuna Tartare Layered with Avocado



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on Twitter @rosereisman

I have been served this exquisite appetizer in the top restaurants I have frequented.

I so badly wanted to create my own simple version. It is quick to prepare, elegant to serve, incredibly healthy and oh so delicious.

You can substitute the Mirin for a sake wine or rice wine vinegar with a little bit

Nutritional analysis

Per serving: 70 calories, 10 g protein, 1 g carbohydrates, 1 g fibre, 3 g total fat, 110 mg sodium

of added sugar.

1. Place tuna in a bowl along with soy sauce, Mirin, 1 1/2 tsp lemon juice, ginger, garlic, wasabi and sesame seeds. Let marinate in the refrigerator for a minimum of 15 minutes

Ingredients

- 8 oz raw sushi grade tuna finely diced
- 1 tbsp low sodium soy sauce
- 1 tbsp Mirin (sweet Chinese wine)
- 1 1/2 tsp lemon juice
- 1/2 tsp minced ginger
- 1/2 tsp minced garlic
- 1/4 tsp wasabi mustard
- 1 tsp toasted sesame seeds
- 1 small avocado finely diced (3/4 cup)
- 1/2 tsp lemon juice

Garnish

- 1/2 tsp toasted sesame seeds

Tuna Tartare Layered with Avocado



This recipe makes six appetizers. ROSE REISMAN

and up to 2 hours.

2. Toss the avocado with lemon juice to prevent discoloration.

3. With a quarter measuring cup, sprayed with vegetable oil, fill half way with one sixth of avocado, then one sixth of tuna. Press down firmly, then

carefully invert onto serving plate. Repeat with remaining tuna and avocado until you've made 6 individual apps. Garnish with sesame seeds.

Drink of the Week

Caribbean Breeze

Lounge poolside with a taste of the tropics as you sip this Caribbean Freeze with its robust grapefruit, pineapple and Angostura bitters flavours.

- 1.5 oz Belvedere Vodka
- 3 oz grapefruit juice
- 3 oz pineapple juice
- 3 dash Angostura bitters

Build over ice into a highball glass and garnish with a grapefruit wedge.

PHOTO AND RECIPE COURTESY OF BELVEDERE VODKA



Grape expectations

Ingredients

- 1 lb large pink bay shrimp
- 1 cup seedless California grapes, quartered
- 1/2 cup chopped celery
- 1/2 cup chopped water chestnuts
- 2 each green onions, sliced, white and green parts kept separate
- 2 tbsp mayonnaise
- 2 tbsp dry sherry
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Few drops toasted sesame oil
- Pinch dry mustard
- 1 tbsp sesame seeds

Coastal Salad with Grapes and Shrimp is fit for a party on the patio with whatever is on the barbecue or by itself for a filling lunch.

The salad can also be presented in a number of ways: the salad mixture can be mounded onto butter lettuce leaves, mixed with baby greens, or for an especially rich treat, inside an avocado half.

1. In a medium bowl, combine the shrimp, grapes, celery, water chestnuts and the sliced whites of the green onion.

2. In a small bowl, combine the mayonnaise, sherry, salt, pepper, sesame oil and dry mustard. Gently mix with shrimp and grape mixture.



This recipe serves four. NEWS CANADA

3. Sprinkle with the sliced, green part of the onion and the sesame seeds. Refrigerate until serving. NEWS CANADA

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How to click, submit and get picked: Get a handle on the online job hunt

E-mploy me. Creating an application package that conquers all of today's web-based roadblocks

MEGHAN
GREAVES
TalentEgg.ca

Online job searches have become the easiest way for students and new grads to apply for jobs. This makes it critical to understand how online job searches actually work and how to ensure that you prepare your application successfully. How can you do this? Talk with the experts.

Resumé coach Pamela Pater-son has 15 years of experience teaching about the art and science of creating effective resu-més. She's the author of the new book *Get the Job: Optimize Your Resumé for the Online Job Search* and she was able to provide some egg-celent online job searching expertise and tips.

What is the resumé writing system you refer to in your book?

The resumé writing system is a comprehensive approach to writing resumé and getting them highly ranked in online job systems. It consists of six key steps:

1. Learning the system (beginning in the right way to achieve success).
2. Creating an effective layout and design (so your resumé is not rejected by online job



Take the road less travelled when typing up your resumé by doing away with the dull. iStock

systems).

3. Boosting your content (overcoming deficits and word choice problems).

4. Tailoring your resumé for on-line job systems (understanding how to become highly ranked — it's about more than just keywords).

5. Keeping your resumé on top of the competition (by doing what few people know how to do).

6. Testing and releasing your resumé to prospective employers.

You also discuss the other side — applicant tracking systems (ATS) — in your

book. What are some effective ways to get through this system when applying for a job?

ATSs can search resumé in almost any conceivable way — really, in any way the (employer) wants this system configured. Some people think that if they just include keywords

Your thoughts?

@TalentEgg: #QuestionoftheDay: How do you stay up-to-date on what's happening in your industry?

- @barreda_vick: I follow trusted sources who offer relevant and up-to-date information...such as @TalentEgg!!!
- @lilybonniechao: Follow relevant industry news outlets on Twitter.
- @EvanBirch: I join lots of relevant LinkedIn groups & follow thought leaders on Twitter #QuestionoftheDay
- @MarinighPR: Industry blogs, LinkedIn & Twitter!
- @melissaashley: I follow a variety of sports-related accounts (teams, brands, personalities / athletes, fans) for commentary & links to articles.
- @JodOwens: following the right people on twitter! Whether it's recruiters, entrepreneurs, businesses or magazines I find twitter is best!

you last held the job title, the percentage that your resumé matches the job posting and even the method that you applied to the job, such as to the company directly or through a job board. There is a perception that job seekers who apply to the company directly are more interested in working for the company itself, and they may be higher ranked because of it.

How should job seekers tailor their resumé?

Don't come across as "plain vanilla" like the thousands of other jobseekers.

You won't grab anybody's attention. One technique is to provide factual, objective information rather than subjective information that could be based on opinion.

For example, don't say you are "intelligent" if you can say you have a 4.0 GPA. Don't say you're "hard working" if you can include a snippet of a quote from a former manager who says you are a "major contributor on projects and a valued team member." Prospective employers like to see evidence on a resumé as opposed to opinion.

If you can provide statistics, even better. For example, rather than saying you designed a "large and complex" asset management system, you could say that you designed an asset management system that "managed the assets of 13,000 staff." Always be as factual as you can, and let the words do the talking for you as opposed to including subjective claims.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

from the job listing, their resumé will be filtered in a favourable way.

Job listing keywords help, but it is not the only strategy you need. ATSs may also search by other keywords, such as competitors' names. ATSs can search by job title, the date



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Keep tabs on your triumphs for when your dream job appears

Suddenly seeking CV. Need an updated resumé ASAP? A spreadsheet of your latest skills will make building one a breeze

JESSICA
CRUZ
TalentEgg.ca

Do you ever find yourself scrambling to fix your resumé to meet the deadline? Do you have trouble tailoring your skills to job descriptions?

Or perhaps you accidentally deleted experience from the last version of your resumé that could be relevant to a new job you just found.

Applying for jobs, compiling resumé and writing cover letters consumes a lot of time. Keeping a "master list" of your accomplishments will help you organize skills, experience and activities that

could come in handy for future job applications.

Let's say a new job comes up that requires social media and written communication skills. Here's how a database can locate, sort, and cultivate fast resumé points:

First, create a spreadsheet in a program like Microsoft Excel or Google Drive and add tab sections for various aspects of your career, such as skills, work and volunteer experience, education, references, contacts, etc.

Tabs help organize different sections and keep them all in one document.

Skills and experience

Place your volunteer experience and work experience in separate columns. Sort them chronologically with as much detail as you can remember. If you're just starting, copy and paste the relevant experience from existing resumé drafts. This database will be a great source for skills and experiences for future resumé

Cover letters

Most jobs still require cover letters. Are you looking for relevant experience that relates to a job listing?

- Your master list will outline everything you need to plug in to match the requirements! Choose wisely, spruce up your sentences and you're ready to apply.

and cover letter content.

Education

The education tab sorts out your schools, awards and related extra-curricular activities. Hopefully you will begin to see correlations between this information and the jobs you're applying for, and decide whether certain details will be added to each resumé.

References and contacts

Emails and business cards

often pile up or get thrown away. Having each person's contact information in a spreadsheet can help you keep track of who they are, how you met them, what you discussed, the last time you contacted them and more. Social media tools like LinkedIn keep professional connections updated, but it's always good to have a backup space with additional context. Tabs in one spreadsheet are a great way to organize these contacts.

Sorting out the information may take time, but it will make resumé-making and the application process a little less stressful in the future.

A reference and contact list will keep you in the loop of contacts that can connect you to the right people or the right job.

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Keeping a database of your skills and experience becomes especially helpful when you are applying for more than one type of job and building separate resúmes for each one. ISTOCK

Distribution Auditor (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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Metro Edmonton is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Work with distribution teams to ensure proper delivery of publication
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Edmonton
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 10, 2013. PLEASE QUOTE: "Distribution Auditor (Part Time) - Edmonton" in the subject line. All submissions will be treated as confidential.

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Blue Jays' bats go quiet with runners in scoring position

Blue Jays outfielder Rajai Davis walks off the field as the Indians celebrate a 3-0 win in Cleveland on Tuesday. Ubaldo Jimenez and three relievers combined for the shutout and Toronto stranded nine baserunners going 1-for-12 with runners in scoring position. MARK DUNCAN/THE ASSOCIATED PRESS

Chelios, Niedermayer named HOFers in 2013

Hockey. Defensive stalwarts headline five-member class to be inducted in November

Scott Niedermayer and Chris Chelios won four Norris Trophies and seven Stanley Cups between them, becoming two of the elite NHL defencemen of their era.

Chelios needed a "lucky break" or two to make it from improbable beginnings in Chicago, while Niedermayer always seemed destined to be a star. They shared the spotlight Tuesday by headlining the 2013 class of the Hockey Hall of Fame.

Chelios' challenge



"There was probably no reason in the world where I should've played in the NHL."

Chris Chelios, who had trouble making teams as a teenager and moved with his family from Chicago to San Diego before finally getting an opportunity with the Moose Jaw Canucks at age 17.

Niedermayer and Chelios made it in their first year of eligibility. They'll be inducted with forward Brendan Shanahan, Team Canada defenceman Geraldine Heaney and coach Fred Shero.

"I was part of one era, I think Chris has probably been part of a few," Niedermayer joked. "The one thing that I do remember playing against Chris was he was one of the toughest guys to play against,

even as a defenceman. He was always giving me a hard time on the ice, making life miserable. Hopefully in November it's not the same when we get to Toronto."

Niedermayer had 172 goals and 568 assists in 1,263 games and won four Stanley Cups, three with the New Jersey Devils and one with the Anaheim Ducks. He won the Norris Trophy in 2003-04 and the Conn Smythe with Anaheim

in 2007.

"He made it look so easy," Chelios said of Niedermayer. "I have all the respect in the world for Scott playing against him."

Chelios wound up playing 23 full seasons and parts of three more, winning the Norris Trophy three times.

Shanahan recorded 656 goals and 698 assists and won three Stanley Cups and an Olympic gold medal.

Heaney, already in the International Ice Hockey Federation Hall of Fame, becomes the third female player elected to the Hockey Hall of Fame.

Fred Shero, who died in 1990, won two cups as coach of the expansion-era Philadelphia Flyers. **THE CANADIAN PRESS**

MMA

UFC eyes cities across Canada for future cards

The UFC is headed to Halifax in the future.

"I think the chances of the UFC going to Halifax are extremely good," Tom Wright, director of UFC operations in Canada, Australia and New Zealand, said at Tuesday's news conference to promote UFC 165 in Toronto this September.

"And not just Halifax. But there's other cities across the country including places like Quebec City and Saskatoon ... Edmonton has been calling for us to take our athletes there. And there's a whole bunch of cities that want us to return."

The UFC has held 14 shows to date in Canada, with cards in Calgary, Montreal, Toronto, Winnipeg and Vancouver.

THE CANADIAN PRESS

Athletics

Whitfield joins mentorship team for future Olympians

Olympic gold and silver medallist Simon Whitfield has joined boxer Mary Spencer, sprinter Bruny Surin, soccer player Kara Lang, wheelchair racer Josh Cassidy and kayaker Mark de Jonge in a venture that provides both money and mentorship for aspiring Olympians.

CIBC has launched a \$2-million, three-year "Team Next" program. Sixty-seven athletes can each apply for \$15,000 in grants and will be matched with one of those veteran athletes during the three years.

THE CANADIAN PRESS

Yard-chewer Charles gets Week 2 honours



Edmonton running back Hugh Charles tries to break a tackle by the Ticats' Erik Harris last Thursday in Guelph, Ont. AARON LYNETT/THE CANADIAN PRESS

Hugh Charles is the CFL's offensive player of the week after helping the Edmonton Eskimos to their first win of the season.

Charles rushed for 119 yards on 11 carries, including a 70-yard run for a touchdown to help the Eskimos defeat the Hamilton Tiger-Cats 30-20 on Sunday.

Charles also caught three passes for 27 yards, including a 13-yard touchdown.

In other awards, Winnipeg lineman Bryant Turner is the defensive player of the week, Saskatchewan kick returner Jock Sanders takes top special teams honours, and B.C. running back Andrew Harris is the top Canadian.

Turner led the Blue Bombers defence with five tackles, including three sacks, and forced a fumble in Winnipeg's 19-11 win over Montreal on Thursday as star Alouettes

quarterback Anthony Calvillo was limited to only 121 yards through the air in the game.

Sanders returned four kickoffs for 100 yards and six punts for 74 yards to help the Roughriders defeat the Calgary Stampeders 36-21 on Friday.

Harris had 15 carries for 103 yards and scored a touchdown in the Lions' 24-16 win over Toronto on Thursday.

THE CANADIAN PRESS

The 2014 Chevy Silverado

Review. Chasing the Ford 150 means adding in more of everything that truckers want

MALCOLM GUNN
wheelbasemedia.com

In pickup parlance the chase isn't just on, it never really stops. With the arrival of the 2014 Chevrolet Silverado, the pace is definitely quickening.

In 2012, 265,000 domestic and foreign-based 1500, 2500 and 3500-series pickups were sold in Canada and 40 per cent belonged to Ford. GM's Silverado/Sierra models came second place, ahead of Chrysler's Ram and well ahead of the Toyota Tundra and Nissan Titan.

With the all-new Silverado 1500-series, Chevrolet appears to have done its homework and paid close attention to what buyers are looking for to haul and tow their stuff. There are more powerful engines as well as improvements and upgrades in nearly every other category you could imagine.

Behind the tailgate, the handy Corner Step bumper has recessed footholds that, combined with built-in handholds inside the box, make accessing the bed much easier. The dashboard and control panel that houses the optional eight-inch touch screen are positioned in a tidy pod for easy viewing and all of the oversized knobs and switches are work-glove-friendly and clearly marked.

All body styles — regular,



ALL PHOTOS WHEELBASEMEDIA.COM

extended Double Cab (now featuring front-hinged rear doors with outside handles) and four-door Crew Cab — are attached to a reworked frame with more high-strength steel, extra bracing for stiffness and improved body mounts that help isolate road noise and vibration. The revised suspension places the wheels on each axle farther apart with a goal to improve overall ride and stability.

For 2014, Chevrolet has made a few changes to the Silverado's box size/cab combinations. Now you can order the Crew Cab with a longer 80-inch (200-centimetre) bed as well as the standard 68-inch (175-centimetre) version.

Perched between the frame rails is a choice of three new all-aluminum cam-in-block engines. The entry point is a

4.3-litre V6 that features the same displacement as the previous V6, but the output has significantly increased to 285 horsepower and 305 pound-feet of torque from 195/260. Optional is a 5.3-litre V8 with 355 horses and 383 pound-feet on tap, up from 315/335.

Later in the model year they'll be joined by an available 6.2-litre V8 rated at 420 horsepower and 440 pound-feet of torque, which shares its parts with the new Corvette sports car V8. Chevrolet also likes to point out that it has increased performance and reduced fuel consumption across the line without resorting to complex (and expensive) turbo-charging. That's a direct shot at the Ford F-Series and its "Ecoboost" V6.

Of course you can order your Silverado as a stripped-

Fuel economy

The transmission for all is a six-speed automatic. The result, at least for the more muscular V6, is a significant fuel economy improvement in city and highway driving (best guess of 12.0 l/100 km in the city and 7.8 on the highway, compared to 14.1/10.0 for the previous V6).

down, rubber-matted V6 work rig with a \$27,150 sticker, or head all the way up to the new and thoroughly tricked-out High Country 4x4 with a correspondingly high list price. It's a brand new trim level designed to keep well-to-do

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2 Ram 1500
Base price: \$28,700

Direct injection

All three powerplants feature direct injection, which tailors the fuel load for the task at hand. They also have continuously variable valve timing (which allows in more fuel and air depending on the power needs) and cylinder deactivation that cuts off up to half the cylinders in light load and cruise situations.

ranchers driving in the lap of luxury.

Whichever pickup matches your needs, know that Chevrolet has made the right changes for a more refined and fuel-efficient Silverado to keep pace with Ford.

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Auto news in brief

Impressive concept car can be left to park itself

Volvo is working on cars that can park themselves. Its latest concept can find a vacant parking space using sensors and moves around by reading from transmitters placed in the road. Just leave your car at the entrance to the car park then pick it up in the same place when you return using a mobile phone app to communicate with the car.

Car-to-car talking and safer braking in Ford's sights

Cars that can 'talk' to each other to avoid accidents is an obvious way forward safety-wise. Ford has been working on an experimental early warning car-to-car system called "Electronic Brake Light" technology. It transmits a wireless signal to illumin-

ate a dashboard light on following vehicles so that they can see slowing or even stationary traffic ahead, even if its around a corner.

Volvo attempt real slot car racing with new design

It may look similar to toy slot car racing but in the real world it's proving trickier to implement. Still you have to admire Volvo for experimenting with technology which allows trucks and buses to be continuously supplied with electric power via dual power lines built into the road surface. The vehicle 'collects' power by a current collector which is in contact with the power lines. In the future this could mean electric vehicles wouldn't be hampered by battery range..

METRO



Bubble-07: Famous Bond car goes to auction

One of the most beloved movie cars of all time is to go on sale at auction in London. The fully functioning submarine is the actual car used in the James Bond film The Spy Who Loved Me. The Lotus Esprit Series 1 "Submarine" Car cost \$100,000 US to make at the time and it should fetch much more when it goes under the hammer at RM Auctions on 8th September. Could it be the best beach accessory ever? HANDOUT PHOTO




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*Lease offers are available through Acura Financial Services Inc. on approved credit. 2013 ILX Premium 5-speed automatic (Model DE1F5DJN) leased at 0.9% APR for 48 months. Bi-weekly payment is \$138 (includes \$1,945 freight & PDI), with \$2,200 (\$4,500 less \$2,300 delivery credit to retailer) down payment. First payment, \$100 excise tax, \$20 new tire surcharge, \$6.25 AMVIC fee and \$0 security deposit due at lease inception. Total lease obligation is \$16,678.25. Option to purchase at lease end for \$13,823 plus taxes. 80,000 kilometre allowance; charge of \$0.15/km for excess kilometres. GST, license, insurance and registration are extra. *\$3,000 cash purchase incentive available on all 2013 ILX models. Savings will be deducted from the negotiated price before taxes. Acura cash purchase incentive cannot be combined with special lease or finance offer. Retailer may lease for less. Retailer order/trade may be necessary. Vehicles shown for illustration purposes only. Offers are only valid for Alberta residents at Alberta Acura retailers until July 31, 2013. See your Edmonton Acura retailer for full details. AMVIC LICENSEES

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STANDARD AIR BAGS	10	6	6	6	7
LARGEST AVAILABLE TOUCH-SCREEN DISPLAY	8.4 INCHES	< 7 INCHES	< 7 INCHES	< 7 INCHES	8 INCHES
TOTAL PASSENGER ROOM (L)	2752.4	2678.0	2707.0	2568.0	2568.0
4-WHEEL DISC BRAKES	STD	AVAIL	STD	N/A	AVAIL
7-INCH TFT DISPLAY	AVAIL	N/A	N/A	N/A	N/A
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Rental giants need to beware of the share

Autoknow. 'Car sharing', the new way of renting, addresses several pet peeves and for some may present a cost-effective alternative to ownership

TODD BURLAGE
wheelbasemedia.com

Talk about sneaking in the back door to crash the financial fun reserved only for rental-car giants such as Avis, Enterprise, National and Hertz.

Told by many transportation "experts" that their Zipcar plan would never roll, Robin Chase and Antje Danielson still believed a fresh approach to vehicle rental was long overdue. It turns out they were right.

In the span of just 12 years, the women turned their little plan and a modest \$75,000 investment into a transportation gold mine that recently sold for half a billion dollars.

Zipcar wasn't a brand new idea; car sharing had been growing in Europe and Canada since the 1990s. Zipcar's success came from fresh technology that helped to rewrite the rental rules by giving drivers the options and freedom never offered before.

Need a BMW only for an afternoon business meeting? Got you covered. How about a pickup truck for a two-hour furniture move? No problem. Need a big wagon for a weekend getaway at the beach? Check that.

"I have a fleet of cars available to me that I can have at my beck and call. And I pay only for what I need," said Chase, explaining that the average vehicle still piles up bills, even as it sits parked for 92 per cent of its life. "All those hours with a car sitting idle (with Zipcar), I'm not paying for it."

Situated mainly in dense-populated metropolitan

areas, Zipcar — and other car-sharing operations like it — eliminates the long lines and frustration at the rental-car office, and gives its members the grab-and-go convenience of renting a vehicle 24 hours a day, paying for only as long as needed, and usually with little advance reservation notice.

And with no fuel, insurance or maintenance costs, Zipcar has become a great option for drivers with minimal transportation needs, and those with no interest in the price and parking headaches of vehicle ownership.

According to a story in Time magazine, the average U.S. household paid more than \$4,000 gassing up their vehicles last year. Add to the turbulent fuel costs the price of insurance, vehicle payments, maintenance and repair bills, and the annual vehicle cost approaches \$9,000.

Launched in January of 2000, the Zipcar fleet has grown from four cars in the Boston area to more than 11,000 vehicles in 49 U.S. cities, as well as Vancouver and Toronto in Canada, and throughout Europe.

Popularity and profits for Zipcar grew so rapidly — membership has increased from 50,000 six years ago to about 760,000 today — Avis bought the company and its entire car-sharing network in January for US \$500 million.

"We see car sharing as highly complementary to traditional car rental," said Ronald Nelson, Avis chairman and CEO, "with rapid growth potential."

With the idea of putting the cars on its rental lots at airports, Zipcar has the potential to chew into cab and shuttle-bus revenue as members simply land and drive away. Getting to the airport is just as simple.

So how does it work?

Ease and convenience are the greatest advantages of car sharing, behind the obvious financial savings. Unlike a traditional rental-car office, Zipcar clients climb behind the wheel and drive off the parking lot in seconds with no lines, no waits, no paperwork.

Members reserve their car by computer, phone, text message or cellular app. Simply fill in the preference blanks — what time, how long, pickup point, type of vehicle — arrive at the Zipcar lot (which might be the most difficult part depending where the lot is) and unlock the doors with a wave of the



If you can't beat 'em join 'em: Avis just bought Zipcar for half a billion dollars.

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membership card over the scanner. Then grab the keys from the glove box, drive around to complete your business, return the car, scan the card again. Billing is automated and we'll see you next time.

"The rental transaction takes 30 seconds and the car only opens to the renter," Chase said.

"So it's self-service, autonomous and takes only a few seconds."

Zipcar membership starts with a \$25 application and a screening review that takes about a week. Driver eligibility varies between countries and car-share companies and commonly includes a minimum age, a valid driver's licence and a solid driving record.

Most car-sharing companies offer a variety of policies and payment plans to fit a client's driving needs and preferences.

Some charge on a pay-as-you-go plan, some include a monthly and/or annual fee.

Quoted

"We see car sharing as highly complementary to traditional car rental."

Ronald Nelson, Avis chairman and CEO

become widely popular on college campuses, where driving demands for students are few and vehicle ownership is more of a luxury than a necessity.

According to a Zipcar representative at the University of Notre Dame — one of about 200 college campuses around the world that hosts a car-sharing outpost — vehicles rent for about \$9 an hour and \$80 a day (any 24-hour period). The first 180 miles (290 kilometres) are "free" with a per-kilometre charge beyond that.

The per-hour and per-

kilometre fees seem high at first glance, but considering there are no residual costs such as refueling or insurance — and that the minimum period is less than the standard rental of 24 hours — the savings can add up quickly for the right kind of driver.

If you commute to work daily, serve as the family chauffeur, drive long distances or live in a rural area, car sharing is not a viable transportation option compared to the obvious advantages of vehicle ownership.

But if driving needs are minimal, and the cost of car sharing outweighs the price of ownership, then this latest transportation option might be the perfect choice.

"It's like the car you always wanted that your mom said you couldn't have," Chase said. "All the good stuff, and none of the bad."



A different model is driven away by another happy customer. ALL IMAGES WHEELBASE

Appeal

"I have a fleet of cars available to me that I can have at my beck and call and I only pay for what I need."

Robin Chase, co-founder of Zipcar
On what makes Zipcar so appealing.

Second gear. 2006-2013 Chevrolet Impala

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This generation of Chevrolet Impala has now been replaced by an all-new-for-2014 model — meaning it's transitioned fully into used car territory. Feature content in this popular family sedan include a range of upscale touches — including a self-dimming rearview mirror, heated leather seating, automatic climate control, an auto-dimming rearview mirror, satellite radio and Bluetooth functionality.



HANDOUT

Ideal Impala just needs a quick check over

Common issues

Be sure to feel for any signs of slippage or hard shifting, which could indicate a problem with the transmission or the computer that runs it. Many models in the used market will still have a good portion of Chevrolet's lengthy powertrain warranty remaining. Having a computer scan of the used Impala's PCM is highly advised, as it may reveal potential issues with the components. On models with the 3.5

litre engine, be sure to have a mechanic check for oil and coolant leaks, particularly caused by leaky gaskets. Intermittent power steering assist could be caused by a misaligned harmonic balancer, which also drives the power steering pump. Pay close attention to the condition of the tires on the used Impala you're considering, as many owners have reported premature wear from the factory rubber.

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What owners like

Impala's combination of interior space and ride comfort were appreciated by its owners. Many report pleasing power output from even the smaller standard V6 engine. Gas mileage is rated well, as is overall refinement.

Engine



All models were four-door, front-wheel drive and fitted with an automatic transmission. Six- or eight-cylinder engines were available, with up to 303 horsepower. Most used models will have either 3.5 litre V6 with 211 horsepower or a 3.9 litre V6 with 233.

The verdict



Impala will appeal strongly to a value-minded used-car shopper, offer plenty of space and comfort, and the most commonly-reported reliability issues should be easy to identify.

What owners dislike



Common complaints include wiper and defroster performance in cold weather, and poor remote-start range.

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Be shoe smart and put your best foot forward behind the wheel

Driving force. Heels, work boots and flip flops pose different — but equally dangerous — problems while driving any vehicle

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It's likely you have shoes for specific purposes: for walking, for working out, for dressing up. But do you wear the right shoes for driving?

The wrong shoe can affect the way you drive, and possibly even be dangerous, according to Tammy Ezer, director of marketing for InsuranceHotline.com.

"The best driving shoes are flat, comfortable and with a thin sole," Ezer says. "If you're wearing high heels with a platform, there's a lot of space between the bottom of your foot and the pedal. You might go to hit the brake and miss, or hit the gas, and that's critical."

With high heels, there's a tendency to press the pedals with just the tips of the toes, which may not provide enough force if you have to slam on the brakes in an emergency situation. A thin heel may also get caught in a carpeted floor mat, impeding your motion.

Women's dress shoes aren't the only offend-

Advice

• **Barefoot beware.** It isn't illegal to drive barefoot, but it's not a good idea, since your foot may be too tender without a shoe to hit the brake hard if necessary.

• **Watch your mats.** Floor mats can bunch up against the pedals if they're not properly secured. Use mats designed for your vehicle; attach them if your vehicle has mounting hooks for them; and don't stack them, but use one mat at a time.

• **Seating is vital.** Your seat should be adjusted so that you can push all pedals right to the floor.

ers. It's important to get "feedback" from the pedals: through your shoe and foot, you should be able to feel how firmly you're pushing the pedal, or feel vibrations that indicate how hard you're braking.

Golf shoes or work boots may be too firm to provide this. "A steel-toed boot is heavy," Ezer says. "You could be putting more pressure on the pedal because the boot is heavy at the front."

Flip-flops pose a special hazard, because they don't fit firmly on the foot. As you

move from the throttle to the brake, this floppy shoe could slip under the pedal and get trapped, drastically reducing your ability to press the brake pedal.

Anything that gets in the way of the pedals can be an issue. Make sure that long skirts, scarves or other loose clothing can't get caught and prevent you from braking.

If you wear fashionable footwear that could affect your driving, keep a spare pair of flat, thin-soled shoes in the car, and change into them when you're getting

behind the wheel. "You can say your shoe got caught, but that's not going to help," Ezer warns. "If your footwear causes an accident, you're responsible."

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High heels can cause accidents PROVIDED

Horoscopes

Aries

March 21 - April 20

If someone starts looking into your private affairs then you have every right to tell them to mind their own business. Don't be too forceful though or they may think you have something to hide and look even more.

Taurus

April 21 - May 21

You are in a restless mood at the moment and it's unlikely you will be in the same place when the Sun goes down. For some reason, your surroundings no longer excite you.

Gemini

May 22 - June 21

You will be in a charitable mood today and there is nothing wrong with that, but if you are going to give money away make sure it is to genuinely worthy causes.

Cancer

June 22 - July 23

You may not be able to explain the way you feel but that's probably no bad thing. If you dwell too much on your emotions today, you won't get much work done. Make sure your head rules your heart.

Leo

July 24 - Aug. 23

It seems you don't know whether to control your desires or indulge them. From past experience, you know that if you hold back, you are likely to regret it later on. Have fun.

Virgo

Aug. 24 - Sept. 23

You may want to sit on the fence in some kind of domestic dispute but the planets won't let you. Like it or not, you have to choose sides and hope it all works out amicably in the end. Don't worry, it will.

Libra

Sept. 24 - Oct. 23

Take your pleasures where you find them and don't worry that some of those you live and work with don't seem able to get much joy out of life. You can't change their outlook.

Scorpio

Oct. 24 - Nov. 22

Things are going so well for you at the moment that you may be a bit worried. Will fate turn round and slap you down? No. Though if you start thinking that way, you increase the chances of it occurring.

Sagittarius

Nov. 23 - Dec. 21

Why are you letting minor matters assume major importance, at least in your mind? Whatever the reason you need to snap out of it — not later but right now.

Capricorn

Dec. 22 - Jan. 20

You may be the kind of person who prefers the tried and trusted. But the more you chop and change and move around today, the more fun you will have. If travelling on your own, you won't be alone for long.

Aquarius

Jan. 21 - Feb. 19

It's good that you are easygoing and it's good that you like to help people but don't forget that not everyone thinks and feels the same way. Be on your guard today as someone may try to cheat you.

Pisces

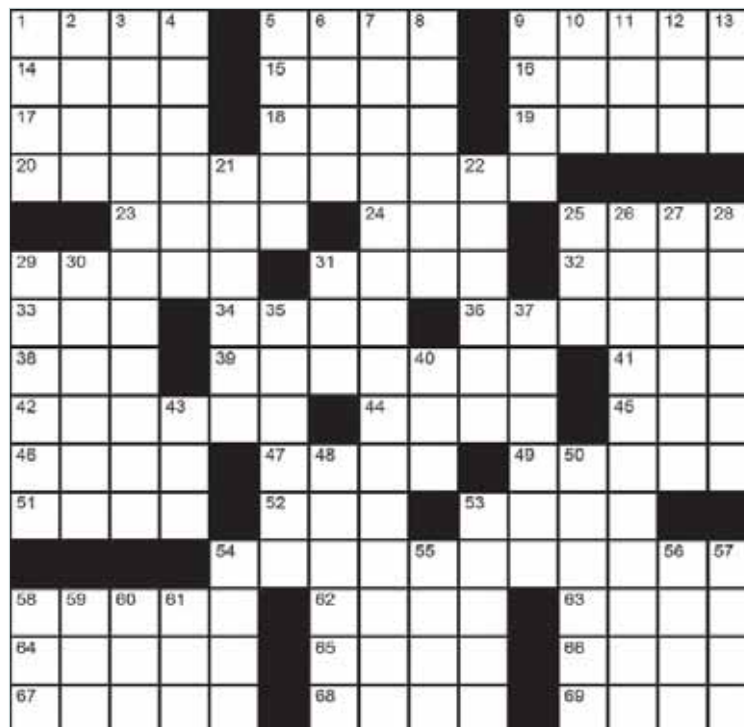
Feb. 20 - March 20

Don't bother asking friends for an opinion on what you are doing. It's unlikely they will be honest with you. The reason you are asking is that you have doubts yourself. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Bryn __ (Pennsylvania college)
5. Home free
9. La __, Saskatchewan
14. Wings: Latin
15. Greek Myth: Goddess of discord
16. "Me, Myself & __" (2000)
17. "Come Sail Away" band
18. " __ of Eden" (1955)
19. Actor, Colm __
20. District in London where One Canada Square (the British capital's second tallest building after The Shard) is located: 2 wds.
23. Zeno of __ (Ancient Greek philosopher)
24. __ Red apple
25. Business subj.
29. Bride's pathway
31. Snooty sort
32. Horse's hair
33. Incidentally, in e-mail shorthand
34. Respiratory organ
36. Chewing gum formation
38. Pi's follower
39. Gift-opener's reaction!: 3 wds.
41. Auction offer
42. Actor Mr. Eckhart's
44. Particular preparation
45. Ask __ Landers (Advice column)
46. 1151 in ancient Rome
47. Phone nos.
49. Washington's __ Sound
51. Single-named songstress
52. Building wing
53. __ qua non (Essential factor)
54. CBC is Canada's public what?
58. Terre-__ (Newfoundland, in French)
62. The Munsters' pet bat
63. Sort of message
64. Allow in
65. Parched
66. Bristles
67. Fools
68. For __ - with Love & Squalor (J.D. Salinger title)
69. Pesky bug



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

8. Nueva York, por ejemplo
9. Guitar __
10. Lead or Uranium
11. Modern
12. Slash's old li'l band
13. Shoe width size
21. Steely Dan's " __ ' in the Years"
22. Bunny
25. Diplomatic bldg.
26. Toronto neighbourhood
27. Using the Web
28. "You __ bother."
29. TV/movie producer, J.J. __
30. Home of Odysseus
31. __Caps (Brand of candy)
35. Province of Ireland
37. Perfect place
40. Ems followers
43. Goose: French
48. Fictional resident at The Plaza Hotel
50. Fix something tangled
53. Loose rock at a cliff's base
54. Stakes
55. Campus bldg.
56. European erupter
57. Take a breather
58. Gymnast Ms. Comaneci, to pals
59. End of a learning institute's URL, perhaps
60. MLB official
61. Try

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 24°
MIN: 14°

THURSDAY

MAX: 18°
MIN: 14°

FRIDAY

MAX: 21°
MIN: 9°



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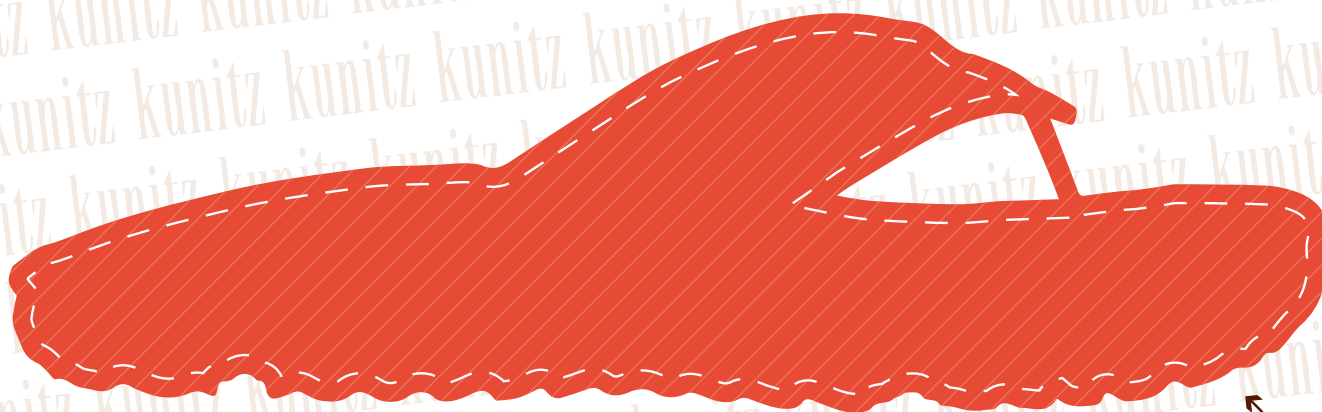
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